

DAFTAR GAMBAR

| | |
|--|----|
| 2.1 Gambar tulang pembentuk <i>knee joint</i> | 9 |
| 2.2 Gambar <i>ligament</i> pembentuk <i>knee joint</i> | 12 |
| 2.3 Gambar otot <i>quadriceps</i> | 13 |
| 2.4 Gambar otot <i>hamstring</i> | 15 |
| 2.5 Gambar tendon <i>patella</i> | 16 |
| 2.6 Gambar <i>retinaculum</i> | 17 |
| 2.7 Gambar bursa <i>patella</i> | 17 |
| 2.8 Gambar <i>patellofemoral pain syndrome</i> | 23 |
| 2.9 Gambar <i>forward lunges exercise</i> | 38 |
| 2.10 Gambar <i>semi squat exercise</i> | 40 |
| 2.11 Gambar <i>isometric hip abduction exercise</i> | 42 |
| 2.12 Gambar Star Exrusion Balance Test (SEBT)..... | 49 |